

BCBS of Rhode Island's Rewards for Wellness Program



BCBSRI's Rewards for Wellness program is designed to help you become attentive to your well-being and participate in activities to live a healthy life.

In partnership with Carelon Behavioral Health, we're offering Wellness Webinars to give you empowering tools for managing various life and work-related matters.

This month's focus is on suicide prevention and awareness!

In today's world, knowing the early warning signs of suicide is of critical importance. In a considerate manner, this seminar will explore the ways we can all play a role in identifying the warning signs and implementing suicide prevention programs at work and in our community.

After watching this month's Rewards for Wellness modules, employees can earn a \$25 incentive under the Rewards for Wellness program after completion of the corresponding quiz.

You can access the "Suicide Prevention and Awareness" recording [HERE](#)

Did You Know...

All of us can play a role in removing the stigma and lack of awareness around mental health, as these remain major barriers to many seeking help.

Compassion and empathy can go a long way in supporting anyone around us, be it our colleagues, friends, partner, family members, and even our neighbors who may be experiencing suicidal thoughts.

Together, we can prevent suicide. If you or someone you know are having suicidal thoughts, contact the Suicide & Crisis Lifeline right away by dialing or texting 988.

Call 866-987-3705 or go online at carelonwellbeing.com/stateofrhodeisland for additional help and resources for yourself or your household members

